

MUIZZIES MEGILLA

Jews with views



INVITATION



Finding REFUGE: Ruth Carneson

MAZELTOV
Ruth
Carneson
on your
upcoming
exhibition.
Thanks for
all you do
for the
MUIZZIES
Megillah.
We hope to
visit you in
Stellies!

Finding Refuge - Ruth Carneson

A Retrospective Exhibition

Stellenbosch University Museum - 52 Ryneveld St.

20 May to 31 July 2022

Monday to Friday 9am - 4 pm

For further details please contact ruth.island@gmail.com



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LECHAIM!

Life in South Africa

With
 Ruth Carneson



On Sunday 17 April for the first time in 30 years Pesach, Easter and Ramadan all converge together, a powerful spiritual convergence indeed. This Pesach we celebrate our freedom from slavery in Egypt 3,330 years ago and the themes are still as relevant today as they were then.

During slavery we were confined physically, emotionally and most importantly, spiritually in a place of constricted opportunities. Unable to determine who we were as a people and how we worshipped. For eight days we celebrate our deliverance from from bondage. We refrain from eating leaven and with our Seder plates we taste both the bitterness of bondage and the sweetness of redemption; bitter herbs combined with sweet charoset and internalise the story of the exodus from Egypt. We tell the story of how we left Mitzrayim, that narrow place of bondage and oppression.

Before Pesach we clean our homes in preparation – a major spring clean, taking everything out of our cupboards and scrubbing down our shelves. Paying attention to those hidden corners where chametz might be hiding. Clearing out those forgotten items that have reached their sell by dates. For eight days we give our bodies a rest by not eating chametz and kitniyot. It's a wonderful opportunity to clear out those skeletons in the closet and bring order to our cupboards, if not our lives and start a fresh. What we do on the mundane, physical level can also be applied to other aspects of our lives.

Marie Condo has become a Netflix celebrity by helping people tidy up their houses and transform their lives and homes into spaces of "serenity and inspiration." Her mantra is "keep only those things that speak to the heart and discard items that no longer spark joy."

I long for an organized de-cluttered house where I know where everything is, all neat and tidy. Every now and again I find the time and inclination to have a big sort out and empty out my cupboards and give away bags of clothes that I no longer wear and pack the remainder away nice and neatly. Afterwards I feel very virtuous but the clutter soon builds up again.

How do I clear out those skeletons from the past? Old habits and fears that are no longer useful. The what ifs? And the could have, would have, should have regrets that hold me back.

How do I translate these worthy intentions into living my life in a less cluttered way to make space those things that spark joy? That is my question.

Times for Cape Town

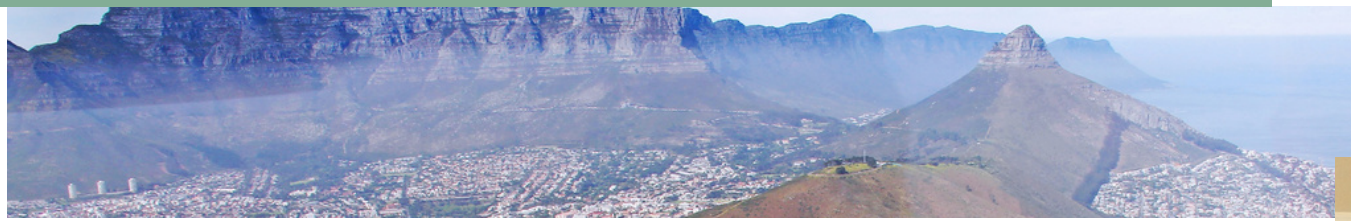
From Hebcal.com

May 2022

Sun 01 May		Rosh Chodesh Iyyar
Mon 02 May		Rosh Chodesh Iyyar
Wed 04 May		Yom HaZikaron
Thu 05 May		Yom HaAtzma'ut
Fri 06 May	5:20pm	Candle lighting
Sat 07 May		Parashat Kedoshim
Sat 07 May	6:50pm	Havdalah (50 min)
Fri 13 May	5:15pm	Candle lighting
Sat 14 May		Parashat Emor
Sat 14 May	6:44pm	Havdalah (50 min)
Sun 15 May		Pesach Sheni
Thu 19 May		Lag BaOmer
Fri 20 May	5:10pm	Candle lighting
Sat 21 May		Parashat Behar
Sat 21 May	6:40pm	Havdalah (50 min)
Fri 27 May	5:06pm	Candle lighting
Sat 28 May		Shabbat Mevarchim
Sat 28 May		Parashat Bechukotai
Sat 28 May	6:37pm	Havdalah (50 min)
Sun 29 May		Yom Yerushalayim
Tue 31 May		Rosh Chodesh Sivan

So what type of Chassid are you?





SEICHEL

Reflections with Rabbi Ryan



We are now in the middle of the Omer, a 49 day period between Pesach and the next festival, Shavuot. An ancient understanding of this period is to focus on our character traits, and each day try have a daily mantra of self improvement. There are many aspects we can focus on and Kabbalists even try to formulate a distinct manner to use each day as a learning tool by using an ancient system with many incantations. I'll share one idea here to help us think about the many aspects of life that we can improve.

I recently watched an interesting TED talk about not taking things personally. The speaker, Frederic Imbo, is a professional life coach and in order to learn how not to take things personally, he decided to become a soccer referee for a season. Why? Well, nobody compliments a referee. The players on the field argue and ridicule your decisions through the 90 minutes. The managers and crowd on the sidelines are constantly shouting nasty comments like "are you blind?" and after the match some people might be waiting for you by your car to vent their loss in your face. It's a thankless job, but a good one if you're trying to learn self control of yourself and in this case, how to not take things personally.

The TED speaker suggests two rules how to not take things personally. These lessons are from this soccer ordeal he survived post season. The rules, as he explains, are two sides of a coin. Each one needs to be learnt and used at various times in life.

Firstly, **it's not about you**. The person honking his horn behind you is not actually upset with you. He is in a rush and is venting his frustration on you. But it has nothing to do with you. The soccer player who argues with your decision is losing hope in winning and doesn't know how else to cope with losing other than shouting. The person playing on their cellphone during your speech is not wanting to insult you, but rather may be taking notes, or dealing with something important. We need to try understand other people's intentions which are usually broader than us, and we can thus remove ourselves from personally feeling insulted.

Secondly and the flip side of the first suggestion, **it is about you!** If we get insulted, it means that there is something deep inside that is making us feel uncomfortable. This may stem from an event that we had as a child, or something we have always struggled with, or a repressed emotion. If we realize that we are taking something personally, we should try work out what is nibbling at us.

Once we have discovered the source, we should speak out and explain to the other why we are feeling hurt. If we vocalize and share our vulnerability, most people will understand and appreciate where we come from, and in turn behave differently towards us.

We can use both these methods to learn how to not take things personally, and be able to live more calm, healthy and relaxed lives. The Omer reminds us that daily affirmations can slowly but surely change us for the better.



GUEST COLUMN

BY Michael Bagraim



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QUOTA PLACED BY THE DEPARTMENT OF LABOUR ON FOREIGN LABOUR

The Muizzies Megilla readers would have seen a series of articles, emails and TV broadcasts on the proposal by the Department of Employment and Labour to have quotas on the employment of foreign nationals in various industries. Over and above this we have seen a civil society organisation, DUDULA, taking action against foreigners at the workplace. The proposals from the Minister of Employment and Labour have created xenophobic outbreaks throughout the country. Violence has been reported in over two dozen hotspots where local vigilantes have taken it upon themselves to physically restrain foreign labour from reporting to work. The Department of Employment and Labour, in answer to a question posed by me in Parliament, said that under 3% of our workforce consists of foreign labour. Of this 3% at least two thirds have valid work permits. This must be compared and contrasted with the fact that we have almost 50% unemployment in South Africa.

We, as the Jewish Community of South Africa have strong empathy with foreign labour in that many of our forefathers and indeed even our parents and grandparents came to South Africa as refugees. Quotas were implemented by the then National Government on how many Jews could come into South Africa and whether they could obtain work permits. My own grandparents were luck enough to be able to come to Cape Town and due to the good work done by the then Board of Deputies they were able to get permits to enter. The history of the Board of Deputies shows that representation made by them to have Yiddish declared as a European language was enormously helpful in allowing Jewish refugees to enter South Africa. Our South African forefathers had an enormous struggle with both the languages and the environment. Discrimination was rife and many big businesses would not employ Jews.

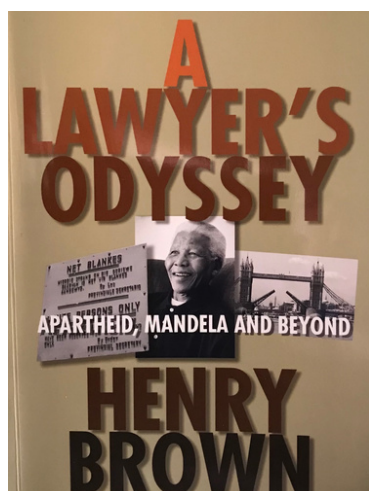
Over and above the empathy that we would feel for refugees coming to South Africa, it must also be said that many of the refugees come with scarce skills and are more than willing to train locals. Despite this, it falls on deaf ears at the Department of Labour. Some of the individuals that have been working here for literally dozens of years are now facing the imminent deportation at the end of 2022. I have literally heard over fifty heart rending stories from families who have successfully settled in South Africa and have been working for decades. In essence, I am working with politicians who are consulting with attorneys in order to see whether this issue could be challenged in due course.

MICHAEL BAGRAIM, MP
DEPUTY SHADOW MINISTER FOR
EMPLOYMENT AND LABOUR
MEMBER OF PARLIAMENT



BOOK OF THE MONTH BY HENRY BROWN

REVIEW by Gerald Seftel



A LAWYER'S ODYSSEY



The word “Odyssey” in the main title of a book offers a sense of anticipation and possibility and Henry Brown’s fine memoir lives up to this expectation.

The memoir traces both an exciting and at times turbulent journey from the seaside village of Muizenberg to the legal world of the great city of London.

The Muizenberg of the memoir is the Muizenberg of the 1950s and 1960s, a home town and background I shared with Henry, albeit a few years behind. Henry’s career after leaving school and beginning his career in law, becomes intertwined with his growing awareness of the injustice of the political system in South Africa and the total horror of apartheid. This gives Henry an acute sense of the ethical questions and dilemmas that life and law present, and this awareness will underpin his legal work in the future. Above all, Henry shows his ability to assess the humanity of every situation, something which is often absent from routine legal practice.

It may be tempting to feel that perhaps there have been too many memoirs about growing up in South Africa during the apartheid years. This one is, however, far more than an attempt to make an individual’s odyssey meaningful. Henry’s deeply personal journey is fascinating. He recalls his many contacts with so many of the major players in South African history, from Nelson Mandela himself, Albie Sachs, Winnie Mandela, and Robert Sobukwe. The details around extremely interesting cases such as the death in custody of Imam Haron case is told in detail as are stories involving the infamous and bizarre Immorality Act which was such a major part of South African life during the apartheid years .

Henry’s prose is controlled, but the drama and historical background have a huge impact. I found little known stories about lesser known but very important personalities such as Muizenberg’s own Neville Rubin very interesting and the book is full of engaging behind the scenes detail.

The book’s cover design should make any reader aware of its significance. I think this is a book to own, either to read slowly and carefully or to dip into many times.

It is published by Otterley Press in South Africa.

<http://www.otterley.com/> (or in the UK from <https://lawyersodyssey.mystrikingly.com>)



HUMOUR SECTION

By Abe Casper

HUMOUR: **CHURCHILIANA**

Winston Churchill was certainly a great man. He was voted the greatest Englishman ever. (I think Shakespeare came second, unless it was Victoria Beckham). He was also a great wit and raconteur. What is my excuse for including him? He was known to be philosemite and a Zionist: He said the following on the Jews: "Some like the Jews and some do not; but no thoughtful man can ever doubt the fact that they are beyond question the most formidable and the most remarkable race that ever appeared in the world."

If you are going through hell, keep going.

I am easily satisfied with the very best.

Success is stumbling from failure to failure with no loss of enthusiasm.

Courage is what it takes to stand up and speak; it is also what it takes to sit down and listen.

To improve is to change; to be perfect is to change often.

I am prepared to meet my Maker. Whether my Maker is prepared for the ordeal of meeting me is another matter.

The best argument against democracy is a five-minute conversation with the average voter. A politician needs the ability to foretell what is going to happen tomorrow, next week, next month. and next year. And to have the ability afterward to explain why it didn't happen.

Socialism is the philosophy of failure, the creed of ignorance and the gospel of envy. We contend that for a nation to tax itself into prosperity is like a man standing on a bucket and trying to lift himself up by the handle.

We can always count on the Americans to do the right thing, after they have exhausted all the other possibilities.

History will be kind to me, for I intend to write it.

Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip. There are two things more difficult than making an after-dinner speech: climbing a wall that is leaning towards you and kissing a girl that is leaning away from you.

Don't interrupt me while I'm interrupting.

A joke is a very serious thing.

Everyone is in favour of free speech. Hardly a day passes without its being extolled, but some people's idea of it is that they are free to say what they like, but if anyone else says anything back that is an outrage.

In the course of my life I have often had to eat my words, and I must confess I have always found it a wholesome diet.

A lie gets half-way round the world before the truth has the time to get its pants on.

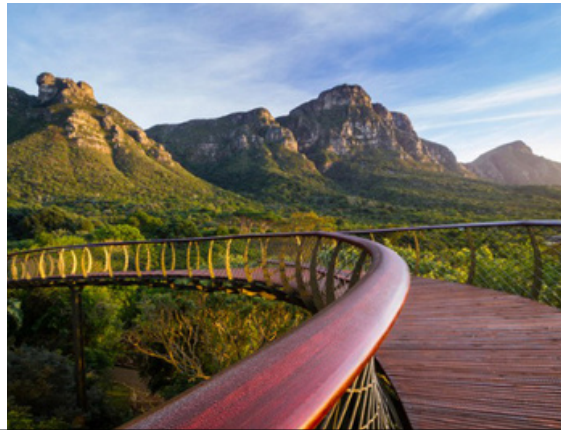
A fanatic who won't change his mind and can't change the subject..



For those who haven't visited for a while, you are forgetting how insanely beautiful Cape Town is. Our feature for this edition is Newlands forest.

One can join the Contour path and walk from Constantia Nek all the way to the CBD through indigenous forests, waterfalls, Fern groves and views of the Southern suburbs and distant mountains.

TRAVEL IN CAPE TOWN



Tikvah Food bank charity drive from our shul below:



WHO RECEIVES OUR FOOD HAMPER?

JCS Tikvah Foodbank provides food security to the indigent and vulnerable members of the Cape Town Jewish Community.



WHAT DO WE SUPPLY AND HOW OFTEN?

Basic KOSHER food supplies are provided. This does not include any meat or fresh dairy products.

- 1 NON-PERISHABLE** food hamper per month, including tinned foods, crackers, cereals, beverages, sugar, pasta, sauces, spreads, rice, biscuits, toiletries and cleaning materials.
- +2 PERISHABLES** food hampers per month, including vegetables, fruit, eggs, bread and challah (on Fridays).
- =3 NO OF DISTRIBUTIONS** food hampers are delivered to each of our recipients every month.



HOW HAS THE NEED INCREASED?

2019	2020	2021
239 People	439 People	540 People
274 Hampers	644 Hampers	777 Hampers

DONATE NOW

Simply scan the QR code or donate online via the donation portal on the JCS website.

All donations will receive a Section 18A Tax Certificate

BANK DETAILS

Bank: ABSA
Account No: 405 676 3888
Branch Code: 632 005
Swift Code: ABSAZAJJ
Reference: Name (optional)



Simply scan to pay

or SnapScan

Visit our online donation portal at www.jcs.org.za/donate



Community notices

Get Well - Monica Jacobson - a quick and complete Refuah Shelema to you

Welcome to town - Barry Katz. Hope Fish hoek treats you well!

Mazeltov - Daniel Williams on your Barmitzvah. You did great and glad you enjoyed so much with us! you gave all of us nachas. Thanks to Williams-Moskovitch family for sponsoring delicious Kiddush too.

Thank you - Rabbi Ryan and Andrea Newfield for sponsoring Kiddush in honor of Asher's Third birthday.

Thank you - Mark Sonnick and Claudia Braude for inviting the community for a kiddush on Pesach.

Thank you - extended Sevitiz family for joining us for Pesach and helping with the minyan. We loved having you.

Bon Voyage - Ari and Vivienne Ziskind. Enjoy Israel and time with your family.

Happy Bday - happy 74th bday to our homeland Israel. Mazeltov!

Welcome - Glendale back to Muizenberg. We look forward to hosting you all again and PG in good health.

Welcome - Cape Town Torah High. We look forward to hosting you and meeting you all.

Welcome - Dr Dean Gersun, Lauren and family on becoming new members of MHC. Thanks for your support.

Welcome - Gerald and Sharon Seftel on becoming new members of MHC. Thanks for your support.

Call Neil to get food picked up and Delivered to Food Bank: 0832651252



MAZELTOV TO DANIEL WILLIAMS FOR HIS BARMITZVAH AND HANNAH BRUK FOR HER BATMITZVAH! YOU BOTH DID GREAT! LADIES GUILD SIMCHA CATERING. THE HERZLIA KEREM PREPARING FOR PASSOVER.

